



UNIVERSITY OF
NORTHERN
COLORADO

Counseling Center Annual Report 2022-23



Division of Student Affairs and Enrollment Services

University of Northern Colorado



Section 1 – Mission, Vision, Goals

Mission

In alignment with [Rowing, Not Drifting 2030](#), it is the mission of the Counseling Center to provide a safe place for all students to overcome barriers to emotional, interpersonal and academic success. The Counseling Center strives to promote healing, growth and resiliency by decreasing stigma and through providing access to mental health services on campus and in the community. We accomplish this through direct services, training and education, collaboration with campus partners and advocacy for all students, staff, faculty and the community. All interactions between the Counseling Center staff and the UNC community are grounded in the values of culturally sensitive mental health support, authenticity, respect, empowerment and services responsive to needs, trends and political climate. We strive to provide safe spaces for those with marginalized identities.

Vision

It is the vision of the UNC Counseling Center is to meet the evolving and varying mental health needs of the UNC community. We are committed to empower clients to make culturally informed choices in their lives and to assist them in reaching personally defined success. It is our vision that students, faculty and staff are empowered to make holistically and culturally informed choices surrounding wellness and mental health. We envision reducing barriers to service access for mental health care and being a part of effectively integrating campus partnerships for student, faculty and staff well-being.

Goals

1. To provide timely mental health care to UNC's students.
2. To contribute to student retention and persistence through inclusive mental health services and case management.
3. To provide consultation and outreach to members of the university community (faculty, staff, students, etc.).
4. To collaborate with campus partners in efforts toward wellness initiatives beyond the direct service provided by Counseling Center staff.

Section 2 – Points of Pride

1. The Counseling Center experienced an increase in the demand for services, but through intentional changes to the path to care and clarifying our scope of care, managed to significantly decrease the wait time for services. In the spring, for the first time in many years, there was no waitlist for services.
2. We have increased the number of staff of color. Specifically, we increased the staff of color from 1.0 FTE to 3.5 FTE. Having staff who represent identities of our student body increases trust, reduces barriers to access to care and increases the likeliness that our students will seek support from the Counseling Center, should they need/want it.
3. The Counseling Center has maintained accreditation through the International Accreditation of Counseling Services (IACS) and the American Psychological Association (APA). For APA accreditation, our self-study for accreditation was completed. Accreditation is an important aspect of the Counseling Center. APA accreditation specifically allows the hiring of three doctoral interns from Psychology Doctoral programs across the nation. These doctoral students provide significant direct care to UNC students.



Section 3 – Assessment/Learning Outcomes, July 1, 2022 – May 31, 2023

Outcome #1: Students who engage in services through the UNC Counseling Center will indicate an increased likelihood to persist with their education at UNC.

How is it connected to the SAES Guiding Principles? Principle Two. The division will meet the needs and interests of UNC students and staff promoting a sense of community, engagement, responsibility and co-curricular development while supporting personal health, safety and wellness.

What are you measuring? We conducted a client satisfaction survey about our unit services. This is our first survey of this nature, but moving forward we will compare the data collected through this administration to data collected through future administration.

What is the evidence? Of 68 student respondents to the survey, 57.3% responded “strongly agree” to the question, “As a result of the services I have received at the Counseling Center, I am more likely to continue my education at UNC.” An additional 27.9% responded with “agree” to this same question.

What is the result? Results are noted above. Comparison data will be gathered for future reports.

Outcome #2: Students who engage in services through the UNC Counseling Center will report having learned ways to improve their overall mental health.

How is it connected to the SAES Guiding Principles? Principle Two. The division will meet the needs and interests of UNC students and staff promoting a sense of community, engagement, responsibility and co-curricular development while supporting personal health, safety and wellness.

What are you measuring? We conducted a client satisfaction survey about our unit services. This is our first survey of this nature, but moving forward will compare the data collect through this administration to data collected through future administration.

What is the evidence? In response to the question “As a result of the services I have received at the Counseling Center, I have learned ways to improve my overall mental health,” 68.9% indicated they “strongly agree” and an additional 29.7% indicated they “agree.”

What is the result? Results are noted above. Comparison data will be gathered for future reports.

Outcome #3: The UNC Counseling Center will provide educational and support outreach to students, faculty, and staff. Those who participate in outreach will gain knowledge of mental health services available through the UNC Counseling Center and how services can be accessed.

How is it connected to the SAES Guiding Principles? Principle Two. The division will meet the needs and interests of UNC students and staff promoting a sense of community, engagement, responsibility and co-curricular development while supporting personal health, safety and wellness.



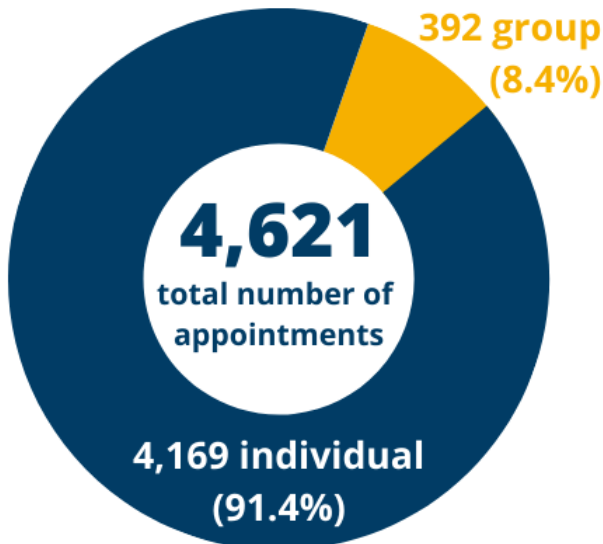
What are you measuring? At this time, we can only report number of hours spent in outreach appointments. We are working on consistent evaluation of outreach and more comprehensive tracking of outreach type.

What is the evidence? We had 1225 hours spent in outreach activities.

What is the result? Result are noted above. Comparison data will be gathered for future reports.

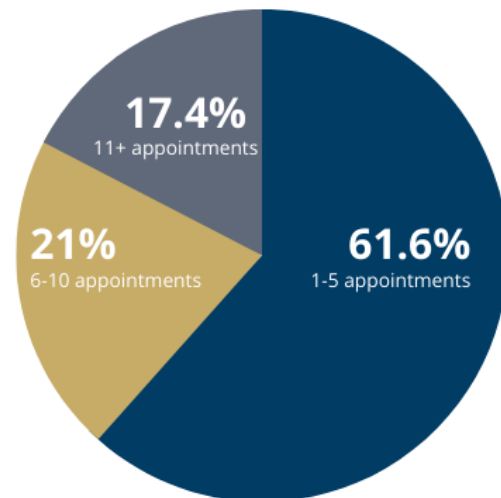
Section 4 – Unit Metrics

Counseling Center appointments, 2022-23

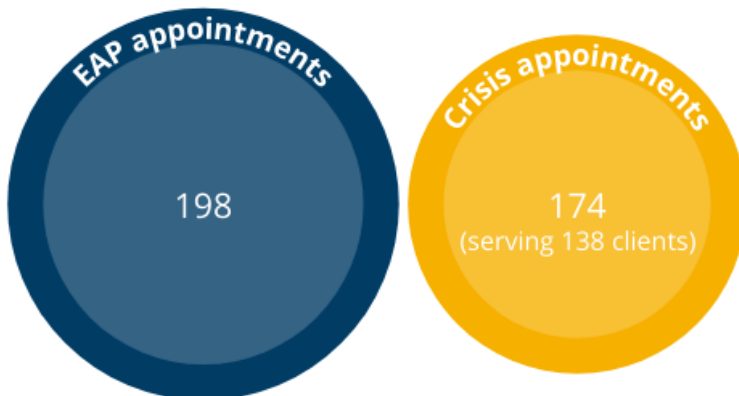


Number of appointments Counseling Center clients attended, 2022-23

Average number of sessions per client: 5.8

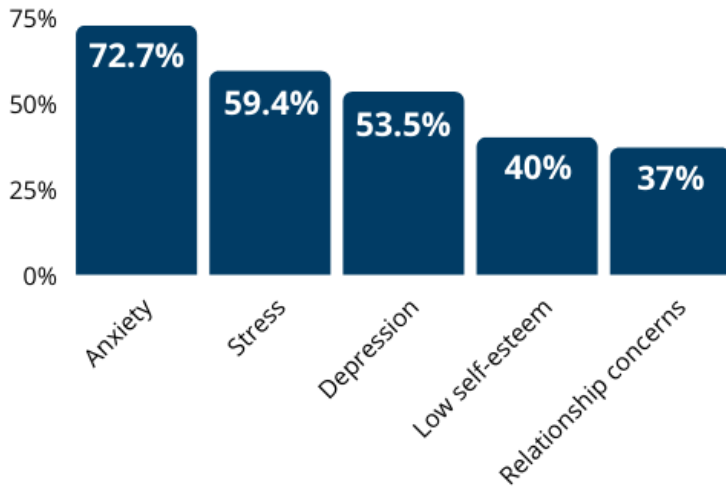


Appointment types





Top concerns addressed by Counseling Center clients, 2022-23



Other noteworthy concerns addressed by Counseling Center Clients, 2022-23

